

FLOOD RECOVERY RECOMMENDATIONS

When returning to a home that's been flooded, your house may be contaminated with mold or sewage, which can cause serious health risks. **Dress for safety:** wear gloves, long-sleeved shirts, long pants, eye/ear protection, boots and insect repellent to avoid mosquito bites.

Cleaning up your home

Mold is one of the greatest potential **health risks** from flooding and it can grow/spread to your dry items. Mold can pose a serious health risk for people with existing respiratory (breathing) or weak immune system. Others may experience **allergy-like symptoms** – runny nose, watery eyes, sneezing, and skin irritation.

- Clean and sanitize surfaces immediately — within **24 to 48 hours** if you can.
- **Discard wet items** that can't be repaired such as mattresses, carpet/padding, rugs, upholstered furniture, cosmetics, stuffed animals, toys and books.
- Air out your house by **opening doors and windows**.
- **Fix leaks** in roofs, walls or plumbing as needed.
- **Bleach** is the most common cleaner that kills bacteria, mold and mildew. To make cleaner, **mix one cup** of household bleach with **one gallon of water**.

If You Lost Power

Throw away any food that:

- Has been in a non-running refrigerator for **more than four hours**, or has an unusual odor, color, or texture
- May have come in contact with **flood or storm water**
- Has been at **room temperature for more than two hours**

If You Are Using a Generator

- **Never use a generator inside your home or garage**, even if doors and windows are open.
- Place generators more than **20 feet away** from your home, doors and windows.

Avoid Mosquito Bites

- Prevent mosquito bites by using an **EPA-registered insect repellent** that contains one of the following: DEET, picaridin, IR3535, oil of lemon eucalyptus/PMD or 2-Undecanone. Follow product instructions.
- **Wear light colored** long-sleeved shirts, long pants, and socks. **Use netting** on strollers, cribs, and carriers. Make sure screens are in good condition and fit tightly in doors and windows.
- Mosquitoes need water to breed. Empty any containers that may hold standing water.

If Water is Unsafe

Disinfect water used for drinking (including for your pets), cooking, brushing teeth, rinsing contact lenses, shaving and making ice.

Use one of the following methods:

- Use only water from bottles that have a sealed top.
- Boil water for two minutes after it reaches a full rolling boil.
- Chlorine Bleach. Use only unscented liquid chlorine bleach. If water is clear, add two drops of bleach per quart of water (eight drops per gallon). If water is cloudy, add four drops of bleach per quart of water (16 drops per gallon). Mix well and let stand 30 minutes before using.
- Use purification tablets. Follow the directions on the package.

Additional Post-Flood Tips

- Wash hands often and thoroughly with soap and clean, warm water for 20 seconds (sing the "Happy Birthday" song twice). If not possible, use an alcohol-based sanitizer.
- Make sure your Tetanus vaccine is up-to-date (the CDC recommends a vaccine dose every 10 years).
- Pace yourself during clean up. Decide which tasks are most important so you do not become overwhelmed.